

The Chili Pepper Café

TON Sells Hospital

Week: March 20 - 24, 2023

No substitutions please

Please place lunch order by 10 am

Monday

BREAKFAST: Malt O Meal, Pancakes, Boiled Egg, Sausage, Applesauce, Coffee or Tea...\$7.00

LUNCH CHOICE 1: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Bread Pudding or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Spinach Lasagna, Mixed Vegetables, Garlic Toast, Tossed Salad, Bread Pudding or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Antipasto Salad w/ greens, chicken, salami, cucumber, red onion, broccoli, red pepper, artichoke heart, tomato, pepperoncini & mozzarella, Wheat roll or Crackers, Bread Pudding or Fruit, Beverage....\$7.00

SOUP: Mushroom Barley (V)

ALA CARTE: Turkey and Pepper Jack Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Meatloaf, Mashed Potato w/ Gravy, Carrots, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage....\$7.00

Tuesday

Please place dinner order by 3 pm

BREAKFAST: Oatmeal, Boiled Egg (2), Bagel w/ Cream Cheese, Grapes, Coffee or Tea...\$7.00

LUNCH CHOICE 1: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried beans, Fruit Crisp or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Tortellini Primavera, Garlic Toast, Tossed Salad, Fruit Crisp or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Chicken and Apple Salad w/ greens, chicken, granny smith & gala apples, celery, nuts & Swiss cheese, Wheat roll or Crackers, Fruit Crisp or Fruit, Beverage...\$7.00

SOUP: Minestrone (V)...\$1.75

ALA CARTE: Ham and American Cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Roast Pork w/ Gravy, Yams, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert or Fruit, Beverage... \$7.00

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Wednesday

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bacon (2), Bran Muffin, Pineapple, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Garbanzo Bean Stew w/ Beef, Zucchini, Carrot Raisin Salad, Wheat Tortilla, Applesauce Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Black Bean Chili w/ Cilantro Pesto, Carrot Raisin Salad, Cornbread, Applesauce Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chef Salad w/ greens, turkey, ham, salami, egg, cucumber, carrot, tomato, Cheddar & Provolone cheese, Wheat roll or Crackers, Applesauce Cake or Fruit, Beverage...\$7.00

CHOWDER: Chipotle Corn (V)...\$1.75

ALA CARTE: Roast Beef and Muenster Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink...\$7.00

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Thursday

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Pork Roast w/ Gravy, Baked Yam, Mixed Vegetables, Tossed Salad, Wheat Roll, Pie or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Black Bean and Tortilla Casserole, Mixed Vegetables, Tossed Salad, Pie or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Spinach Salad w/ spinach, bacon, egg, red onion, tomato, mushroom & walnuts, Wheat roll or Crackers, Pie or Fruit, Beverage....\$7.00

SOUP: Broccoli Swiss (V)...\$1.75

ALA CARTE: Sub Sandwich \$4.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Swiss Steak, Mashed Potato, Mixed Vegetable, Tomato and Cucumber Salad, Wheat roll, Dessert or Fruit, Drink \$7

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Friday

BREAKFAST: Malt O Meal, Fried Egg (2), Cooked Beans with Salsa, Wheat Tortilla, Dessert or Fruit, Coffee or Tea....\$7.00

LUNCH CHOICE 1: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Turkey Club Wrap, Cup of Soup, Choice of Chip, Dessert or Fruit, Beverage...\$7.00

SOUP: White Chili (contains chicken)...\$1.75

ALA CARTE: Tuna Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Dessert or Fruit, Beverage...\$7.00

Hours of Operation: Breakfast 7:30am to 9:00am / Lunch 11:30am to 1:30pm / Dinner 5:00pm to 6:00pm

To place an order, call 383-7200 then ext. 0 ask to be connected to the kitchen